

What to do if you are a close contact of someone who is diagnosed with COVID-19

- This information is for people who were in close contact with someone who has COVID-19. Close contact means being within six feet of a COVID-19 case for a prolonged period of time while the person was infectious, which starts one day before any symptoms began and continues until they are recovered.
- Close contact does not mean being more than six feet away in the same indoor environment for a long time, walking by, or briefly being in the same room.
- Close contact can occur while caring for, living with, visiting, or sharing a health care waiting area with a COVID-19 case.
- Close contact includes having direct contact with infectious secretions of a COVID-19 case such as being coughed on.

Stay at home and watch for symptoms for 14 days:

- Day 0 is the day you were last in contact with the person.
- Watch for fever, cough and shortness of breath, even if the symptoms are mild.
- Don't leave home, except to get medical care.
- Call ahead before visiting a health care provider or emergency department.
- If possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least six feet away from others in your home at all times. Don't share household items.
- Stay connected with others – use technology to communicate with friends and family.

Daily cleaning and washing:

- Clean and disinfect surfaces in your home. If you are staying in a separate room and using a separate bathroom, clean them yourself. Have someone else clean the other areas of the home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

If at any point you develop a cough, fever or shortness of breath:

- Contact your health care provider by phone to find out if you should be evaluated. Let them know you are quarantining at home for novel coronavirus because you are a close contact of someone who is diagnosed with COVID-19.
- Don't go to the hospital, except in a life-threatening situation.
- You may also try calling your state or local health department if you do not have a doctor.
- People with mild illness can treat their symptoms at home: get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.

When to get medical care immediately:

If you have **trouble breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails**, seek medical care immediately. When you call for medical care, tell the provider or 911 that you are quarantining at home because you are a close contact of someone with COVID-19.

Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none">• For people with COVID-19 who aren't sick enough to be hospitalized, or• For people who are waiting for test results	People with no symptoms of COVID-19 <ul style="list-style-type: none">• Close contacts of people with COVID-19
For how long?	Until recovery, which happens when all three have happened: <ol style="list-style-type: none">1. It's been three full days of no fever without the use of fever reducing medication, and2. Other symptoms have improved, and3. At least ten days have passed since your symptoms first appeared.	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

Modified from Vermont DOH. Rev. 03/25/2020 https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19-What-to-do-if-you-are-a-close-contact-of-someone-with-COVID-19_final.pdf